

Girl's Beginner Months 1-2 Evaluations

Name: _____

Coach: _____

Day: _____

Time: _____

Date: _____

Flexibility

- 1. Skin the cat
- 2. Pike
- 3. Right split
- 4. Left split
- 5. Middle split

Vault

- 1. Flat body hold
- 2. Arm circle straight jump
- 3. Donkey kick
- 4. Panel mat jumps
- 5. Running technique

Floor

- 1. Forward roll
- 2. Backward roll
- 3. Cartwheel
- 4. Bridge

Strength

- 1. Jumping Jacks - 30 sec
- 2. Squat jumps - 30 sec
- 3. Push ups - 10
- 4. Hollow hold - 30 sec
- 5. Rope

Bars

- 1. 3 Glide swings
- 2. Chin up hold
- 3. 3 Casts
- 4. Front support, forward roll
- 5. Sole hang

Trampoline

- 1. Straight jump
- 3. Tuck jump
- 4. Straddle jump
- 5. Split jump
- 6. Seat drop
- 7. Knee drop

Beam

- 1. Straight jump
- 2. Tuck jump
- 3. Bear crawl
- 4. Mount
- 5. Releve' walks

GRADING KEY

Does not know skill	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skill with errors	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Completed skill	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Mastered skill	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

AVERAGE SCORES

Flexibility:	1	2	3	4
Strength:	1	2	3	4
Trampoline:	1	2	3	4
Vault:	1	2	3	4
Bars:	1	2	3	4
Beam:	1	2	3	4
Floor:	1	2	3	4

MOVE UP?

YES NO

Notes: